

ABSTRACT

Theme: Analysis of resistant hypertension treatment

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Objective: Analysis of treatment of resistant hypertension in a group of patients attending Outpatient Clinic for Hypertension Treatment, Faculty Hospital Ostrava.

Methods: This work has a retrospective character. The data were collected from patients' medical records from files of the Outpatient Clinic and from hospital's information system. The data were statistically processed. A period of one year from patients' first visit was determined for data collection. The values of blood pressure, pulse and patients' medication were registered in the following intervals: first patient's visit of the Clinic, then approximately 3, 6 and 12 months after the first visit.

Results: A significant decrease in both systolic and diastolic blood pressure has been observed during the one year of follow-up ($p < 0.0001$). At first patients' visit systolic blood pressure was below 140 mm Hg only in 20 % of patients compared to 92 % of patients with systolic blood pressure below the required limit at the end of the follow-up period. Diastolic blood pressure was below 90 mm Hg only in 41 % patients at the beginning, at the end of one year 96 % of the patients reached the required values. The resistant hypertension occurred in 8% of patients after one year, most of the patients had isolated systolic hypertension.

Conclusion: Results of this analysis show that the observed improvement in hypertension compensation was mainly due to the adjustment of antihypertension therapy, followed further by non-compliance and the white-coat phenomenon. Therefore, the therapy of resistant hypertension should be in management of a specialist experienced in hypertension treatment.